



## Mom39s Portuguese Beef Stew

Oscar · 28/09/2024



### Prep Time

2 hrs

### Difficult

Medium

### Servings

6

### Description

This is a favorite home meal from my mom My sister had to write while my mom cooked in order to get the recipe right Its easy and will impress anyone Serve steaming hot on a bed of white rice

### Ingredients

- - 2 tablespoons extra-virgin olive oil - 1 pound beef stew meat
- cut into cubes - 1 tablespoon all-purpose flour - 8 cloves garlic
- minced - 2 bay leaves - 1 pinch ground black pepper - 1 pinch salt - 1 onion
- chopped - 1 green bell pepper
- chopped - 1 carrot
- chopped - 1 pinch paprika - ½ fresh tomato
- chopped - 1 cup white wine - 1 cup water - 2 sprigs fresh parsley - 3 red potatoes
- peeled and cubed - 1 sweet potato
- peeled and cubed - 1 (14.5 ounce) can green beans
- drained

### Instructions

1. Heat the oil in a stockpot over medium-high heat. Dust the beef with the flour. Place the beef
2. garlic
3. bay leaves
4. and pepper in the stockpot; cook until the beef is brown; season with salt and cook until beef is tender
5. about 5 minutes. Add the onion
6. green pepper
7. carrot
8. and paprika; cook until the onion softens
9. about 5 minutes. Stir in the tomato
10. wine
11. water
12. and parsley. Cover
13. reduce heat to medium-low and simmer 30 minutes. Mix in the red potatoes
14. sweet potatoes
15. and green beans; continue to cook until potatoes are easily pierced through with a fork
16. about 45 minutes.